

Christmas festivities planned

by Mark Ferguson

The Clarke College 1991 Christmas dinner and New Year's dance will be held tonight and the traditional midnight Mass is set for tomorrow. College officials said it will be an opportune time for students to relax and have fun before final exams.

"I have heard a lot of great stuff about the upcoming weekend," said freshman Trang Mitran. "I can't wait to see what it's like."

There will be a reception for all faculty, staff, and students in the Wahlert Atrium at 5:15 this evening, where hors d'oeuvres,

music and conversation are planned.

The meal is set for 6 p.m. in the Clarke dining room where red candles and green holly will decorate the area. Larry James, Clarke Food Service director, said it is an attempt to bring everyone into the holiday spirit and away from the humdrum of

studying.

"An elegant dinner will be served. It is to be an enjoyable and tradition-bound evening," James said. Deviating from last year's Old English festivity that occurs once every three years, Clarke will return to a traditional dinner this year.

"It's a really relaxing time to be with my friends and others in the Clarke community. To me it symbolizes the last fling before finals," said sophomore Lisa Beauvais.

Following the meal, the New Year's dance will be held in the Julien Dubuque Inn's Grand Ballroom from 9 p.m. until 1 a.m.

"This dance is going to be awesome," said sophomore Carla Redell. "It's going to be even better than last year's dance because it's not on campus. It's nice to get away from campus once in awhile."

The dance will feature music from Premier Entertainment and, unlike last year's dance, alcohol will be served. "We have some good music lined up and if you're 21 or older you can drink this year," said sophomore Chris Dwane, activities and events chairperson. "The committee has worked very hard on the plans to make this year's dance a huge success."

Freshman Halligan Parks said, "The dance will be special to me because it gives me the opportunity to spend time with my friends before Christmas break and it's going to be fun. We're going to make it fun."

The dance will have a winter wonderland theme with a giant mistletoe above the dance floor. Clarke sophomore Mike Hange said, "I can't wait, I just might stand underneath that big mistletoe all night long."

Vans will leave from Mary Josita Hall at approximately 8:30 p.m. to transport students without cars or students who do not want to drive to the dance.

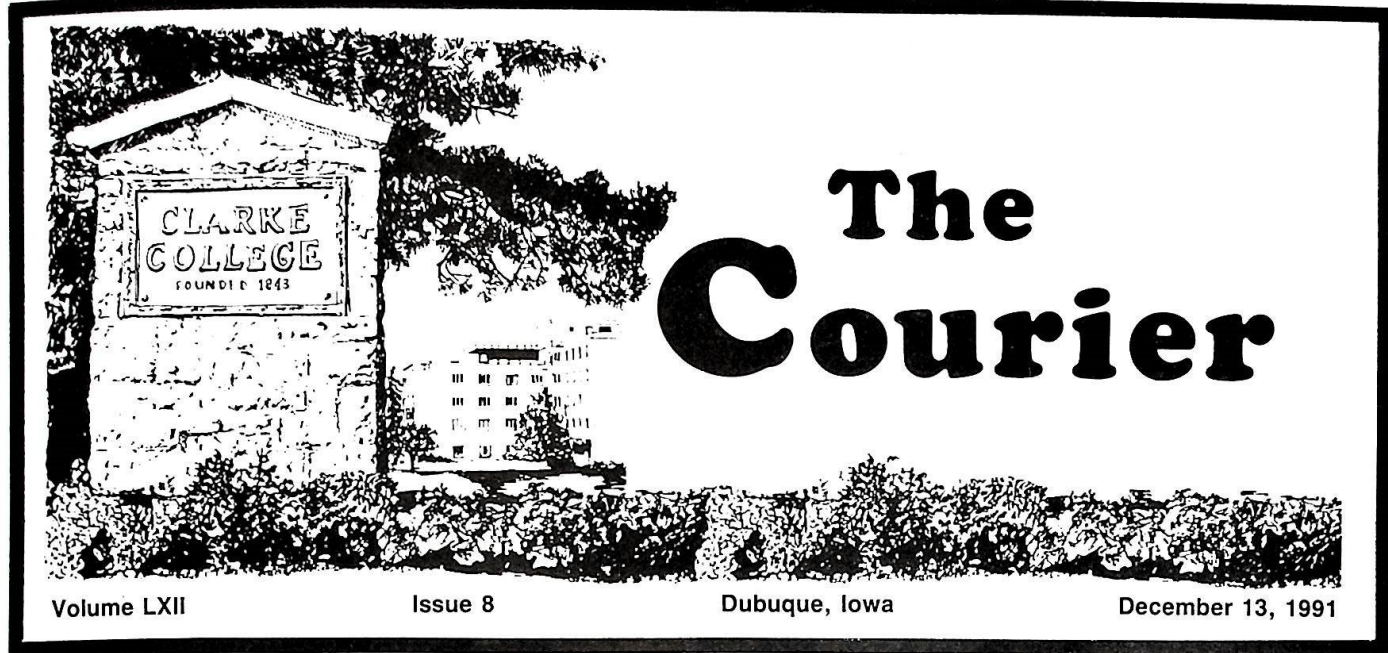
Tickets will be \$5 for Clarke students and \$7 for non-Clarke students.

Clarke's midnight Mass will begin with the traditional candlelight ceremony in the Sacred Heart Chapel at 11:30 p.m. Saturday.

The candlelight prelude, a Clarke tradition since 1934, originated from the Jewish feast of Hannukah or festival of lights, said co-coordinator of the liturgy, S. Kathy Carr.

The prelude will consist of special songs from the choir while class presidents and administrators light the ceremonial candles. The candles will remain lit until the students return from Christmas break.

"We celebrate the liturgy as a prelude to Christmas since we are still in advent," said Carr. "Sometimes as we get caught up in all of the commercialism of Christmas, we forget what we are really celebrating."



Party is enjoyed by all

by Lisa Hogan

The annual Mitten Tree Party, held Sunday, Dec. 8, brought underprivileged children together to celebrate the Christmas spirit. The event was sponsored by the Clarke Student Association.

Approximately 110 children between the ages of four and ten attended this year's party. This is a comparatively large number to the amount of children who attended last year, which was between 30 and 40.

The party derived its name from the mittens the children receive at the end of the party. The mittens are stuffed with Christmas candy.

Every year the CSA vice president is in charge of the mitten tree party. This year's vice president, Michelle Mellon, said that there were many things to prepare before the children arrived.

As a part of her responsibilities Mellon called elementary schools to obtain names and addresses of underprivileged children. She gave the addresses to David Nevins, residence life and student activities director, who sent invitations to the children. Letters were also sent to heads of churches for the purpose of distribution.

Vans from Clarke picked up the children at the various elementary schools. They arrived at Clarke about 2 p.m. The children descended upon the Clarke cafeteria where they were greeted by Mrs. Claus portrayed by senior Kathy Otting.

It was a shock for the 11 volunteers to see over a hundred children run into the cafeteria. Only 50-60 children were expected to attend. Only 63 mittens were stuffed.

As a result Nevins, along with residence life and student activities intern Liz Klinger, rushed to the store to buy 55 more pairs of mittens and bags of candy. Volunteers rushed to stuff the mittens while others kept the children occupied.

The highlight of the day for the children was when cookies, juice and hot chocolate were served. The cries of "Can I have more cookies?" was common.

Sophomore Chris Mangan and Klinger presented each child with a pair of mittens to end the day's activities. Students were then ushered out to be transported back home. Students awaiting departure from Clarke played a round of "Duck Duck Goose" led by sophomore Don Clark II.

Mellon said, "I thought it went very well. I felt that it wasn't very organized in the beginning, but one of the parents told me it was very organized."

Chris Kolker, sophomore, said that he thought the day was hectic, yet worthwhile. "It was really tiring controlling the kids, yet the whole purpose was for them to have fun, and I think they did."

Seniors Donna Scott and Antoine Jones were among the 11 volunteers that helped make the event a success. Jones, CSA

president, was in charge of the mitten tree party last year. He said that the mitten tree party is a good activity to be involved in because, "It forms a spiritual bond between the parents and their kids. Christmas time is a joyous time in which people share their love, honesty and friendship with one another. The activity brings all of these elements together to contribute to the greatest holiday of the year."

Theresa Neuzil, sophomore, participated in the mitten tree party her freshman year. "It was a really good thing to do for the kids. I was there when the children received the mittens and it was neat to see it. I know the kids didn't have much, but it is nice to know they can now play in the snow with new mittens," she said.

Neuzil also said that it was a positive project. "Everyone has an awkward spot in his or her heart for kids. Kids are totally innocent and have no say in their position in life. It is nice to do something for them."

Gallery hosts two exhibits

by Dan Wachtel

The senior art show by Kathy Kahle and John Lyon will be on display in the Quigley Gallery 1550 until December 20. The opening reception was held on November 30.

Kahle's is titled "Entrapment." It depicts her feelings of being trapped in different situations and the helpless feeling she has in a situation with no way out. Kahle's show is an introspective and personal view with

a universal theme that almost everyone can relate to. Concerning her work Kahle wrote, "I believe that all of us, at least once in our lives, have felt like we were trapped in some kind of situation or another. We can feel trapped in our jobs, by obligations we believe we must fulfill, by pressure from family or friends, by our emotions, and even sometimes, we feel as though we are imprisoned by our own bodies."

"My pieces are a reflection of the different moods and emotions that I feel entrapment can create. They reflect my personal experiences of feeling weighted down by the pressures of everyday life and of feeling happy, anxious, and depressed all in one short period of time. They are also a depiction of my wanting to break free or be rescued from the confusion and anxieties of life."

"I have attempted to create these depictions through the use of plaster molds of my own figure to create ceramic sculptures, and at times, have used other multimedia as well."

Doug Schlesier, art professor, said Kahle's work was easy to identify with. He said the pieces are on a very human scale, making it easy for the viewer to identify with the art work.

The display includes a heavy, thick door that looks like steel that represents the look of quicksand.

Lyon used charcoal, pastels and other tools on large paper. His exhibit reflects on childhood days and his fascination with insects. When Lyon was younger, he was very interested in insects. He read many books about them and collected insects and studied them under a magnifying glass. This provided the ground work for his exhibit.

The gallery will be open Monday through Friday from noon until 5 p.m. and Saturday and Sunday from 1 until 5 p.m.



Kathy Kahle shows one of her works now on display in Quigley Gallery 1550. (Photo by Dan Wachtel)

"I thought it went very well," said Mellon

The children were separated into three groups that either drew pictures, watched Rudolph the Red-Nosed Reindeer, or listened to Christmas stories.

Children alternated between these three activities. Prizes were given to the top four pictures. Afterward sophomores Celeste Pechous, Sara Schumacher and Maura Kennedy led the children in singing Christmas carols.

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game
back to
and we
it was
cares about people even after
graduate. He said the alumni give
opportunity for the current students
alumni questions about their
some helpful tips for them to use in
future, and to get some contact
work world.
Patty concluded, "I think this event
a lot about the people of the past
they took the time to come back and
participate with their fellow team
this event will always provide an oppo
ty for future graduates to come back
experience the fun. I hope this service
in other sports as well and we get
as turn-out as we did for the alumni

rc Gaber's shot (photo by Dan Wachtel)

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Feature

Caring for your car

Winter maintenance tips

by Eric Duray

The winter has returned with cold winds, snow and ice, posing problems for people with cars.

Winterizing a car is a fairly inexpensive and easy way to prevent problems when the elements get rough.

Mitch Drolema, a Clarke senior and classic automobile enthusiast, recently answered questions for dormitory residents about how to prepare a car for winter. "The three most important things to check before winter begins are the oil, anti-freeze and battery," he said.

"The oil should be 10w30 for winter driving. It takes a good ten to fifteen minutes for all of the oil to circulate from the pan to all the parts of the engine. The greatest amount of wear on your engine occurs when you first start the car. The reason for engine damage is the fact that there is no oil flowing through it at the time of starting. Therefore it's important to have the oil changed to help with smooth circulation during starting," Drolema said.

According to Drolema, anti-freeze should also be checked. "For the best possible performance, flush the radiator and fill it with fresh anti-freeze. This will cut down on rust and dirt that could damage other engine parts. If you think you need to add more, do so," he said.

Finally, the battery should be checked. "If you do not have a voltage meter at home, take your car to a service station and have them check the charge. Some of the newer car batteries have indicators that tell you if the battery is good," he said.

Western Auto Parts recommended that brake fluid, transmission fluid, power steering fluid and fan belts also be checked. Adding or replacing fluids and parts are key

to having a car operate properly during the winter months.

Chains have been outlawed in many states for tire traction; the alternative for better traction is snow tires. With or without snow tires it is important to maintain good air pressure for traction. Air pressure varies for different vehicles, but 32 psi. is usually recommended. Over-inflation causes poor traction and could lead to stress cracks. If the tire is under-inflated, the steering will be tight.

If the carburetor is flooded with gas, there are two things that will solve the problem. Wait until the carburetor dries out a bit and then restart or put the gas pedal to the floor for 10 to 12 seconds and then try to restart. The second method works but the engine will rock rough after starting and blue smoke will appear. This will not damage the engine.

Cold temperatures can cause condensation in the gas tank. Since gas and water do not mix well this could lead to poor starting and engine run on after shutting the car off. The best solution is to keep the gas tank full, which causes less condensation. Additives such as "HEET" can be used to get rid of the water if it occurs.

Dead batteries are the most common winter problem. When using jumper cables, read the directions. The positive goes to the positive and the negative to the negative. Sometimes jumper cables are color coded to the colors on your battery. Making the wrong connection could cause a severe shock. A first-aid kit, blanket, small shovel, sand, windshield washer fluid, a flashlight and flares stored in the trunk of the car are valuable if the car is stranded or temporarily disabled on the road side.

Opinion

Surviving the holidays

The holiday season is upon us. It's that time of year when many of us are about to go stark raving mad. With the studying, preparing exams for students, decorating, working, socializing, finding just the right gift for Aunt Edith, and transforming every area into a Christmas scene with packages, multi-colored blinking lights, trees, manger scenes, wreaths, angels, bows and mistletoe, you may acquire the personality of the Grinch.

Now is the time to give yourself a pat on the back. Each and every one of you whether a student, faculty, or staff member has accomplished something you can be proud of this semester. Bravo! Even more invigorating is knowing that together we form a unique family that is recognized by all who visit Clarke.

All biases aside, we're a classy bunch. Tonight you have a special opportunity to gather with the Clarke family. There will be a general reception in the Wahlert Atrium at 5:15. If you haven't made reservations for the Christmas dinner you

can join us later at the Julien Inn for a New Year's Dance beginning at 9 p.m. On Saturday, Dec. 14, there will be a midnight mass in the Sacred Heart Chapel at 11:30 p.m. Participating in these activities will give you a needed break before finals week begins.

We have a great deal to offer one another. It always seems that no matter how busy members of the Clarke community are, they always find time to help and share with others. Recent examples are the Collegiate singer's wonderful concerts and the Clarke Student Association who, along with Dave Nevins, provided a special afternoon for 110 underprivileged children at the Mitten Tree on Dec. 8. In addition, there are countless examples of people reaching out to one another every day.

During the hectic holidays it is comforting to remember that you also have something to share with others. This is what the Christmas season is all about.

Liz Klinger
Co-Editor

*Happy Holidays
Please Drive Safely*

Ugoline promotes WICI

Pam Engelken

"Those of you who join really have a unique opportunity to make the chapter what you want it to be," said Benita Ugoline, a marketing communications manager from MCI. Ugoline was the speaker at a recent informational meeting, held at the Telegraph Herald, on Women in Communications, Inc., a national organization. The meeting, held on Thursday, Nov. 7, was organized to inform people interested in communications in the Dubuque area of the benefits that a local chapter would provide.

WICI, which was founded in 1909, is a non-profit organization and currently has 12,000 members nation-wide. This includes 186 professional chapters, hundreds of independent members and a student chapter at Drake University in Des Moines. There are three chapters in Iowa. They include Cedar Rapids and Iowa City, Cedar Falls and Waterloo and the student chapter in Des Moines.

WICI is open to professional women and men who have worked in the communication field for at least two years, and who work a minimum of 20 hours per week in paid, creative, professional communication positions. Students of communication may become members. But they must demonstrate a commitment to communication as a career, and must achieve above-average scholarship.

According to Ugoline, the group's mission, "leading change," was decided on in 1986 when WICI hired a marketing consultant to find a new name for the organization. Ugoline said some WICI members thought the name of the organization was keeping women from advancing in communication, in the nation in general, and preventing the organization from having a more diversified membership. However, it was decided that the organization needed a mission to unify its members, not a name. Ugoline said leading change can be as simple as taking another route to work,

or as complicated as influencing a bill in congress.

WICI also takes various steps to maintain its founding principles. These principles are as follows: promoting the advancement of women in communication, working for First Amendment rights and responsibilities for communicators, recognizing distinguished professional achievements of communicators and promoting high professional standards throughout the communication industry.

"However," Ugoline said, "If you ask members what Women in Communications, Inc. is to them, most will say professional development."

WICI recognizes member's professional achievements and promotes high professional standards through its annual awards program. WICI's annual national awards are the Clarion, the Headliner and the Rising Star. The Clarion award recognizes a person's excellence in various areas of communication. The Headliner, which is presented by the WICI Board of Directors, and is considered a prestigious award, is given to a few members for "outstanding and consistent excellence in communication." Lastly, the Rising Star is given to students who demonstrate outstanding contributions to their community and school. Regional and local awards programs are also available in some areas.

WICI public affairs promotes First Amendment rights and responsibilities by "...monitoring and supporting legislation that guarantees equal rights and opportunities for women, guards the Freedom of Information Act and protects the First Amendment rights of communicators."

WICI also provides leadership opportunities for its members and promotes equality for women. WICI offers opportunities for members to develop leadership skills by enabling WICI members to serve in leadership roles "on the local, regional and national levels." According to Ugoline there are more than 12 committees nation-

wide, within WICI, that members can serve on.

WICI promotes equality through the Vanguard award, which is given to businesses and organizations who, "take steps to advance women to positions of equality within the business or organization." WICI also holds a seat on the executive committee of Women, Men and Media, an organization which monitors and reports on gender issues in the media.

WICI offers its members various publications at no charge. "The Professional Communicator," "Careers in Communications" and "Leading Change," the member newsletter, are just a few that are provided.

Members also have access to a toll-free National Job Hotline, which list various communication positions around the country. WICI members may also list themselves for communication positions in "The Professional Communicator" at no charge.

WICI members also receive reduced rates for "Special Assignment," a series of tests that students or professors can take to test their abilities in various communication areas. A membership and resource directory, which is a nationwide list of all WICI members, is also provided to members.

WICI's fiscal year is from June 1 to May 31. But persons may join WICI anytime throughout the year. National dues for professional members are \$85 annually. Local dues are about \$15, or the amount that local chapter members decide on, and an affiliation fee, which is paid one time only, is \$25. For students, national dues are \$46 and local dues are about \$10. Students are not required to pay an affiliation fee, and are only required to pay fees once during their college years. Ugoline said fees for each category will go up \$5 starting in June, 1992.

For more information, people may contact Rebecca Christion at 319-582-7468 or Denise Lamphier-Hoffert at 319-588-5679.



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CSMO ex
The Clarke Student Multi-Cultural Organization was founded in October 1988. The founding members were Rachel Jones, Yvette Clasen, Scott, Antoine, Lucinda, and Monique. CSMO's purpose is to positively introduce and promote the different cultures of the world. In introducing different cultures and unique qualities that these individuals have brought to American society, CSMO serves as a support network for students interested in the beginning of a cultural diversity. The organization was small in the beginning, but it is increasing its members. Among some of the members are individuals that are not of color. Jenny Clasen is not only a member, but she is also the vice president.

Clasen said, "One of the main concerns of CSMO is attracting more caucasian students to the organization." Some of CSMO's plans to get the students involved are posting up minutes from the meetings, word-of-mouth invitations and most importantly, expressing the fact that the organization is not just for African-Americans but for all people.

Despite all the stereotypes of the organization, CSMO is not just for black students but for people of all cultures. CSMO welcomes all students, faculty and staff administrators to attend meetings, and to support the organization and its activities.

Another goal of CSMO is to become involved with the other schools in Dubuque, mainly the University of Dubuque and Loras College. One way of achieving this goal is to publicize events on other campuses, exchanging minutes among the other organizations, and attending a general meeting of the Black Student Union, Black Presidium and CSMO.

The organization tries to accomplish these goals through various activities that are sponsored. Some of the organization's activities that have been held in the past are: The Whitney Young Choir from Chicago, movie nights, speakers, dances, skating, bowling, panel discussions, Afro-American Soul Food Dinner and Hispanic Dinner.

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by Pam E What is break? A Society's puzzle, th The cro tivity offer and at Cl "Great A Thurs., N The nat ed a pack a similar smoke," courage hours. Clarke to help a smokeout. Clarke cat that signee vival Kits, cafeteria. Former adopted a Dalton said effects of should. I t said she h smokeout and by ke tivities thr Student smoking fo discussion assistant p the quiet lo 22, at 11:3 to three pa ed the me months ag Sinno s

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Feature

CSMO extends invitation to all

by Tara Thames

The Clarke Student Multi-Cultural Organization was founded in October 1988. The founding members were Rachel Bell, Tracy Virgil, Keith Sanders, Yvette Lobbins, Donna Scott, Antoine Jones, Kimberly Wilkes, Alston Thomas, Lucinda Cadet, Don Burks, Wayne Glenn, Monique Whittington and Andria Reynolds.

CSMO's purpose is to positively introduce various under-represented cultures at Clarke College. In introducing different cultures, CSMO is trying to promote the needs and unique qualities that these individuals have brought to American society. CSMO also serves as a support network for students interested in learning more about cultural diversity.

The organization was small in the beginning, but it is increasing its members. Among some of the members are individuals that are not of color. Jenny Clasen is not only a member, but she is also the vice president.

Clasen said, "One of the main concerns of CSMO is attracting more caucasian students to the organization." Some of CSMO's plans to get the students involved are posting up minutes from the meetings, word-of-mouth invitations and most importantly, expressing the fact that the organization is not just for Afro-Americans but for all people.

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CSMO has received financial, physical and mental support from CSA, President Catherine Dunn, faculty and staff and the Student Development Office.

The executive board members include president, Tara Thames; vice president Clasen; secretary, Mia Mitchell; treasurer Dionne Mills; activities chairperson Rochelle Chandler; activities co-chairperson Shalonda Smith; public relations Willie Hunt; and faculty advisors

Angela Nelson and S. Ginnie Spiegel.

The members of the organization are: Howard Allen, Ericka Barber, Derek Booth, Don Clark II, Caprice Collins, Valencia Craig, LaNile Dalcour, Takada Dixon, Carlyle Graham, Michelle Hill, Nateida Jarnigan, Angela Jones, Antoine Jones, Lori Jones, Michelle Jones, Camille Kelly, Ebony McLaurin, Michelle Miller, Toshiko Oishi, Shikita Sanders, Sara Schumacher, Donna Scott, Patricia Smith, Marcus Tag-

gart, Cornell Taylor, Byron Thompson and Torris Winston.

CSMO tries to associate with groups that express similar interests in cultural diversity and world peace in the Tri-State Area. One example is the panel discussion held at Dubuque Senior High School on Nov. 7.

The next CSMO meeting is Dec. 15 at 10 p.m. in the Mary Benedict Formal Lounge.

Smokers put to the test

by Pam Engelken

What is the habit that many want to break? According to the American Cancer Society's "Break the Habit" crossword puzzle, the correct answer is "smoking."

The crossword puzzle was just one activity offered in the ACS's "Survival Kit," and at Clarke, for the ACS's 15th annual "Great American Smokeout," held on Thurs., Nov. 21.

The national program, which also included a package of gum, mints, stickers with a similar logo such as "kiss me, I don't smoke," and pamphlets in its kit, encouraged smokers to kick the habit for 24 hours.

Clarke students and faculty who wanted to help a smoking friend through the smokeout, signed up for the program in the Clarke cafeteria, on Tues., Nov. 19. Those that signed up, then picked up their "Survival Kits," on Wed., Nov. 20, in the cafeteria.

Former smoker Anne Dalton, a junior, adopted a smoking friend for the smokeout. Dalton said, "I don't think people take the effects of smoking as seriously as they should. I think they should quit." Dalton said she helped her friend get through the smokeout by reminding her not to smoke and by keeping her busy with other activities throughout the day.

Students and faculty who wanted to quit smoking for good, could have attended the discussion led by Abdul Karim Sinno, assistant professor of communications, in the quiet lounge of the Union, on Fri., Nov. 22, at 11:30 a.m. Sinno, who smoked two to three packs a day for 28 years, discussed the method he used to quit smoking 17 months ago.

Sinno said that before he kicked the

habit, he regularly stocked up on cartons of cigarettes before going out of town, and he even carried a see-through lighter with him, so he would never be without a "light."

Sinno said that he was careful in his selection of a method to quit smoking because he wanted his decision to be a permanent one. Therefore, before choosing a method, Sinno said he talked with many people who had either quit smoking or who had tried to quit and had failed. Sinno said he found from his research that many people who had tried to quit smoking set themselves up for what he called a "fighting mode." Sinno said that these people viewed cigarettes as an enemy, and when they were tempted to smoke, they had to fight with themselves to keep from smoking.

Sinno said that the "fighting mode" caused them to feel a sense of disharmony with themselves. Therefore, to regain a sense of harmony or balance, they returned to smoking.

According to Sinno, the key to kicking the smoking habit, and other habits as well, is to substitute a desirable habit for the habit that is causing problems in the person's life.

In using the substitution method to quit smoking, Sinno said a person must view not smoking as an alternative, enjoyable habit to smoking. Sinno said, "Instead of perceiving cigarettes as an enemy, and quitting smoking as a fight, I told myself that not smoking is an enjoyable, alternative to smoking."

Sinno said that to reinforce his decision not to smoke, he deliberately created a negative image of smoking for himself.

Sinno said that the day he decided to quit, he did not shower, or comb his hair. Instead, he said that he put on his worst clothes, sat in a closed-up room and chain-smoked all day.

Sinno said that later, when he was tempted to smoke, the memory of how the room and his clothes smelled of smoke, reminded him of how beneficial not smoking was. Sinno said, "For the next week, when I got the urge to smoke, I thought of that ugly image of smoking and I never wanted to smoke again." Sinno added that he was able to do this because he was not fighting with himself.

Can smokers gradually quit? Sinno believes that when people use this method, they are still setting themselves up for the fighting mode. Therefore, Sinno says, "Cold turkey is the way. But cold turkey is not in itself sufficient to convince people to quit smoking." Sinno said the person must also condition themselves to think that not smoking is an enjoyable alternative habit to smoking.

Sinno concluded his decision by saying, "You are the only person who can make you quit smoking and you must be honest with yourself in choosing a method. And if I can quit by using this method, other people can make it work for themselves too."

Sinno added that anyone interested in learning more about this method to quit smoking can contact him at his office at 588-6335.

For more information on the effects of smoking, contact the local unit of the ACS at 655 Fischer Building, Dubuque, Iowa 52001, phone 319-583-8249 or write ACS, Iowa Division, Inc., Box 65710, West Des Moines, Iowa, 50265-0710.



Santa makes an early appearance at Clarke, visiting the on-campus students Monday night in the cafeteria. (Photo by Dan Wachtel)

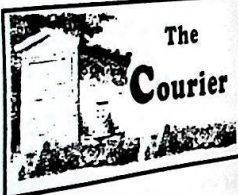
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